
How to Use Technology and Social Media

Series: Ten Things Every Christian Should Know

DANGERS OF YOUR SMARTPHONE

- Physically
- Sleep
- Obesity
- Posture
- Intellectually
- Short attention span—inability to concentrate at work and school
- Students spend 20% of class time on a digital device
- Reading less, and reading too quickly
- Spiritually
- Desire to be in the know
- Satan tempted Eve by tricking her into thinking she was missing out.
- Entertaining yourself
- Amusing ourselves to death is easier than studying the Bible and putting to death the deeds of the flesh.
- Are we on this earth to have fun, or to do things that are eternally significant?
- We are playing games while the world goes to hell.
- Self-focused people always become empty (Jer. 2:5-6, 13).
- Misplaced treasure
- In a survey of 8,000 Christians, 73% said they check their phone before reading the Bible.
- **Your smartphone usage reveals the treasure of your heart. What we post reveals what we treasure.**
- Christ must be our treasure. Living must be Him (Phil. 1:21).
- Influence of ungodly “friends”
- What your friends like invariably shapes what you like.
- You become what you like.
- Prov. 13:20—“He who walks with wise men will become wise, but a companion of fools will suffer harm (come to disaster).”
- Discouragement over straying friends
- Do you really need more negativity in your life?
- Isolation and the resulting loneliness
- Teenagers who spend over 5 hours a day on technology are 71% more likely to be at risk of suicidal factors.
- When we focus on the temporal, we lose sight of eternity. Faith is confidence in what is largely unseen.
- Inability to communicate in person and develop real friendships
- Prov. 18:24—“A man of [too] many friends comes to ruin, but there is a friend who sticks closer than a brother.”
- Prov. 27:6—“Faithful are the wounds of a friend, but the kisses of an enemy are deceitful.”
- Proudful display of yourself
- Prov. 27:2—“Let another praise you, and not your own mouth; a stranger, and not your own lips.”
- Seeking acceptance and affirmation
- The approval of cyber friends does not make your life meaningful and significant.
- Stirring envy about the good (fake) life of others
- Your ordinary life will always seem dull in comparison to the highly edited lives of your “friends.”
- Most people hide the bad parts of their life (or they glory in them to get sympathy).
- Faking how good your life is and how happy you are
- Staging memories rather than making memories
- Secret vices
- Time wasting
- Eph. 5:16—“redeeming the time, because the days are evil”
- Addiction
- 71% of Americans sleep next to their cell phone
- Do you use it, or does it control you?
- 1 Cor. 6:12—“All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.”
- Lack of spiritual discipline
- The average smartphone user spends almost three hours a day on his or her phone. The average smartphone user spends one hour and sixteen minutes a day on social media. When you add in a tablet, the average person spends almost four and a half hours a day on personal tech.
- We have little discretionary time already (about two hours a day for the average person). If we spend hours on technology, we have no time left for God. Our bodies get fatter while our souls get weaker. We leave no time to think hard (but necessary) thoughts.
- “God feels distant because we are distracted.”

BENEFITS OF YOUR SMARTPHONE

- Keeping family updated
- Efficient communication (saving time)
- Prayer requests
- Ability to influence others for good
- Spreading the gospel
- Encouraging others toward godliness
- Magnifying the majesty of God

HOW TO USE SOCIAL MEDIA WISELY

- Make much of God, not yourself.
- 1 Cor. 10:31–“Whatever you do, do all to the glory of God.”
- “Thank God with me....”
- “Rejoice with me....”
- “God’s goodness was seen in my life today....”
- “The glory of God was on display....”
- “I encountered an unexpected grace yesterday when....”
- Turn people’s attention to truth, goodness, and beauty (Phil. 4:8).
- Don’t post something if you don’t know it’s true.
- Don’t glory in what is evil (contradicts the character of God).
- Don’t focus on depravity.
- Don’t focus on the trivial; God wants us to appreciate what is truly glorious, because we are made in His image, and He is glorious. We have a longing for what is significant, majestic, and lasting.
- Don’t waste people’s time.
- Be secure in God’s acceptance of you (Rom. 15:7).
- The fear of man is a trap that only the fear of God can deliver you from (Prov. 29:25). Value God’s opinion more than man’s opinion.
- Use social media to encourage others to pray for significant needs (2 Thess. 3:1-2).
- Selectively use humor to demonstrate that Christians are approachable, joy-filled people.
- Never post when you are sinfully angry.
- Sinful anger can never accomplish what God wants (James 1:19-20).
- We will give an account for every spoken—and typed—word (Matt. 12:36).
- Your online words reveal your heart.
- Present your thumbs to the Lord (Rom. 12:1-2; 6:13, 16, 19).
- Do not confront individuals on social media.
- Handle personal offenses privately (Matt. 18:15).
- Don’t embarrass someone online.
- Private message someone when in doubt.
- Death and life are in the power of your social media posts (Prov. 18:21).
- Don’t spend your life online.
- “The essential question we must constantly ask ourselves in the quickly evolving age of technology is not what *can* I do with my phone, but what *should* I do with it?”
- If it’s become an idol in your life, you need to leave it behind, at least until you develop more spiritual self-discipline.
- Do you really want your kids to remember you as the parent that was constantly looking down at their phone?
- Heb. 12:1-2—“lay aside every weight and the sin that so easily besets you”

APPLICATION QUESTIONS

- Do my posts give the right opinion of God and His glory?
- Do my posts edify believers and speak grace to the lost?
- Does my technology have me enslaved?
- Does my technology pull me towards or further away from God?

LIFE LESSON:

Life is too short and Jesus is too glorious for us to waste our lives on technology.